Comparative Study of Mindfulness Group Therapy on Mental Health of Drug Addicts with Methadone

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Abstract:
Background: Today, we are in an era that addiction has become to a critical and important problem in the world and So far a variety of psychological treatments for addiction has been presented. The aim of this study was to evaluate the effectiveness of mindfulness group therapy with methadone therapy on men’s mental health was dependent on opiates.

Materials and methods: Therefore, in a quasi-experimental design with pre-test, post-test and follow along with the control group, 57 male drug abusers among opioid-dependent men referred to addiction clinics in Tehran, selected randomly in two experimental groups (a group, the intervention group therapy mindfulness-based relapse prevention and other groups MMT) and control groups. Groups before and after treatment and at follow-up period by clinical interview and symptom checklist of mental disorders were assessed. The collected data were entered into SPSS-21 software and statistical methods to analyze data from repeated measures analysis of variance is used.

Results: Repeated measures analysis of variance indicates the effectiveness of both methods on the mental health of opiates was Significant. In addition, the age (P<0.1, df=2, \( \chi^2=4.5 \)), age of onset (P=0.7, df=2, \( \chi^2=0.8 \)) and the recent recurrence (P=0.5, df=2, \( \chi^2=1.4 \)) there is no Significant difference and the variables during recent treatment (P<0.001, df=2, \( \chi^2=29.2 \)) and unsuccessful quit (P<0.01, df=2, \( \chi^2=14.4 \)) significant difference between groups there have been significant.

Conclusion: It would seem that the third wave of therapies for the treatment of addiction is important and should be viewed as an alternative or complementary therapies in clinical interventions considere

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